

Family Yoga with Noémie

Tuesdays 4.45-5.45



Yoga for Kids (age 8 and up) and the grown up of their choice. This class is about Playfulness. Mindfulness. Togetherness.

Cost: £6 per person – or £20 for 4 sessions

Booking and more information: focalheart@gmail.com

"Noémie's classes are fun and inspiring! She teaches breathing techniques and stretches through fun and games, both my boys have declared it as the favourite part of their week!"
- Sam S., East Grinstead.

"Just wanted to recommend Yoga Akasha's family yoga sessions. My kid loved it! It was fun and a great introduction to yoga for any age ;)"
- Simone R., East Grinstead.



::FocalHeart Yoga::

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